

The mind-body connection

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Topic - The Mind Body Connection The physical health of a person is largely connected to his emotional status . If one is stressed emotionally then it can trigger a lot of health hazards in him. Emotional stressors are major cause of illnesses and anxiety and excessive worrying is a part of it. A stressed person can release stress hormones called cortisol from nervous system and this hormones can enhance the production of blood sugar levels and can give rise to many unhealthy conditions. These health problems come in the form dizziness, dry mouth, fast heartbeat, headache, fatigue and so on. It should be understood that our physical health is strongly connected to our psychological health. This is because it is the nervous system and brain which is the principal co - coordinator in the physical functioning of our body.

All the bodily organs function with the aid of brain and nervous system. Moreover our mind's balance is what makes us an healthy person. The negative emotions like anger, aggression and fear can destroy mental and physical health. In case of stressors, the most effective tool to control it is physical activity. Everybody come across stress in their daily life and physical activity releases hormones to stabilize the stress factor in people. While exercising the body produces endorphins which act as a natural painkiller and also energize a person. The exercise impacts the brain and decreases the fatigue and increase the concentration and alertness of a person. Exercise increases the blood flow to the brain and this refresh the brain and nervous system which give rise to healthy mental condition.